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Thursday, September 7, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

Best neighborhoods for parents. 10

PIGSKIN PREVIEW

Metro sports editors look ahead to the NFL season. 31

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SQUISH, PLEASE

The skyrocketing popularity of a new fad toy has parents wondering if it can truly help kids pay attention. 4

WERONIKA KWIATKOWSKA

WELCOME TO METRO.US!

ERIN TIERNAN, WEB REPORTER

We've got Barbara Walters, Anderson Cooper and Walter Cronkite, but in North Korea, it's Ri Chun Hee, also known as the "Pink Lady" the country looks to for its news. The 74-year-old has earned her share of parodies and criticisms over the years for her dramatic, cheerful announcements of North Korean military prowess. Find out what all the fuss is about at **metro.us/news.**

HOUSE APPROVES $8B INITIAL HARVEY RELIEF

The U.S. House of Representatives on Wednesday approved roughly $8 billion in initial emergency aid for relief and rebuilding after Hurricane Harvey, which tore into Texas on Aug. 25. The House-passed measure, which provides $7.4 billion for the Federal Emergency Management Agency and $450 million for the Small Business Administration, will now go to the Senate. Barring unexpected setbacks, the aid measure is expected to be sent to the White House by the end of the week. After a White House meeting between President Donald Trump and congressional leaders from both parties, Senate Minority Leader Chuck Schumer and House Minority Leader Nancy Pelosi announced that they had reached a deal to tie the Harvey aid to short-term measures to fund the government and raise the debt ceiling through Dec. 15.

SEN. MENENDEZ FACES CORRUPTION TRIAL

2 Sen. Bob Menendez abused his power to help a wealthy benefactor in a years-long bribery scheme that netted the New Jersey Democrat lavish gifts and major campaign donations, federal prosecutors told a jury. "This case is about a corrupt politician who sold his Senate office for a life of luxury he couldn't afford," the lead prosecutor, Peter Koski, said at the start of Menendez's corruption trial in Newark. Menendez's lawyer, Abbe Lowell, said prosecutors had twisted a close, brother-like relationship into something illicit. "Acting out of friendship is not improper, it is not corrupt, and it is certainly not a crime," he said. Menendez is accused of intervening with federal officials to help his co-defendant Salomon Melgen stays at a Caribbean villa and hundreds of thousands of dollars in campaign money.

FLORIDA BRACES FOR HURRICANE IRMA

3 Potentially catastrophic Hurricane Irma clobbered Caribbean islands with pounding winds, rain and surging surf on Wednesday as officials in Florida called for evacuations ahead of the storm's expected landfall there this weekend. Irma could become the second powerful storm to thrash the U.S. mainland in as many weeks, but its precise trajectory remained uncertain. Hurricane Harvey killed about 60 people and caused as much as $180 billion in damage after hitting Texas late last month. The eye of Irma, a Category 5 storm with winds of 185 mph, was passing over the northernmost Virgin Islands on Wednesday afternoon.

FISCHER, VICE CHAIR OF THE FED, RESIGNS

4 U.S. Federal Reserve Vice Chair Stanley Fischer, a veteran central banker who helped set the course for modern monetary policy, said on Wednesday he will step down from his position in mid-October, potentially accelerating President Donald Trump's opportunity to reshape the direction of the central bank. In a letter to Trump, Fischer, 73, said he was resigning for personal reasons effective on or around Oct. 13, eight months before his term as vice chair expires in June. In the letter, Fischer said jobs growth had returned to the United States and that "steps to make the financial system stronger and more resilient" had been taken — actions that may now be weakened by the Trump administration. His departure leaves the seven-person board of governors with as few as three sitting members.

T-MOBILE TO OFFER FREE NETFLIX WITH PLAN

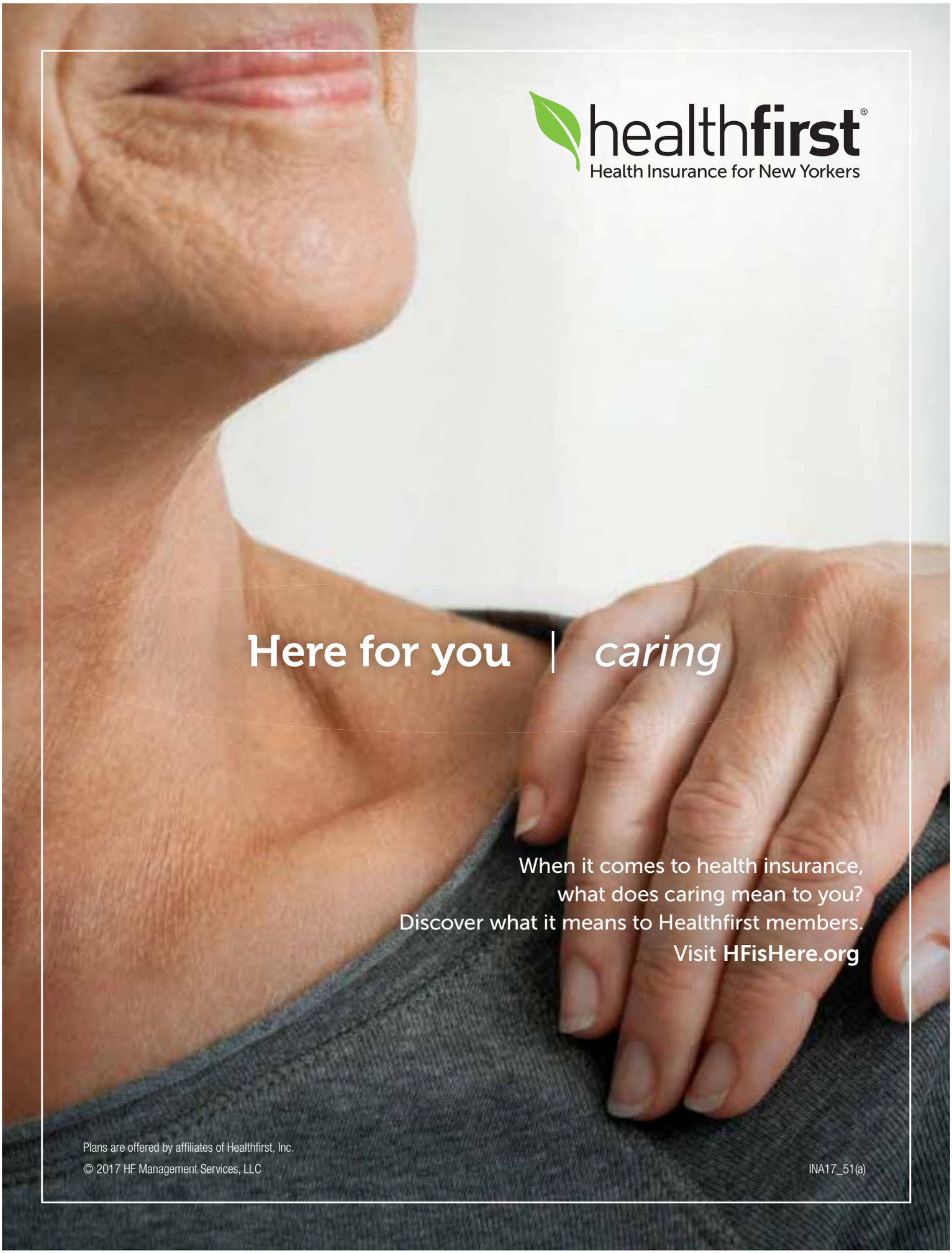
5 T-Mobile US Inc. said on Wednesday it will offer a free subscription to video streaming service Netflix Inc. with its unlimited data family plans in a push to lure more subscribers. The new offer shows how wireless carriers are bundling content with mobile service as a way to attract and keep customers in the United States, where most people already have cellphones and are increasingly using them to stream content. Earlier this year, AT&T Inc., which is buying Time Warner Inc. for $85.4 billion in an effort to turn itself into a media powerhouse, started including HBO with its Unlimited Plus wireless plan. The company has said such offers are helping with subscriber retention. T-Mobile has been taking share from its larger rivals AT&T and Verizon Communications Inc. through cheaper prices and added perks.

POLL

27%

U.S. adults now say they think of themselves as spiritual but not religious, up eight percentage points in five years, according to a survey conducted between April 25 and June 4 of this year.

Source: Pew Research Center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Why can't kids get enough of squishies and fidget spinners?

What is behind the skyrocketing rise in popularity of these fidget-type toys, and can they really help improve kids' attention?

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Over the past year, fidget spinners have risen in popularity across the country.

But, according to New York Magazine, these types of devices might soon be outsold by a new "squishie" toy, that works like a typical, squeezable stress ball.

Squishies often take the shape of treats.

"The squishies are like, the next thing," said Adrienne Appell, director of strategic communications for the Toy Association, a not-for-profit trade group that represents businesses in the toy industry.

But, what is behind the meteoric rise of these types of fidget toys? And, is there any proof that these kinds of toys can actually help improve a child's attention span?

"There are so many ways that kids are finding out about it now," she said. "It's very, very easy for a toy to go viral."

The benefit that these new fidget-type toys have, according to Roland Rotz, Ph.D., a licensed child and adult psychologist and director of the Lifespan Development Center in Carpinteria, California, who is an expert on ADD and who co-authored a book, "Fidget to Focus," is that these toys can benefit a child's attention span.

Squishies have recently gained in popularity. ALL PHOTOS WERONIKA KWIATKOWSKA

He explained that we live in a world where — unlike in the past where books and radio required more imagination from an audience — entertainment is now realized for the audience.

"We have a world where a 2-year-old can use an iPad," said the 65-year-old Rotz. "The world is created for you now."

This can cause children and young adults raised in this type of environment could be bored easily, he said. He said that telling children to sit still and pay attention just doesn't work, but, by using these types fidget toys as background stimuli, a child can focus on tasks they might have otherwise found boring.

In fact, in a 2006 study, sixth-grade students who were given stress balls — similar to the squishies — were found to improve students' "attitude, attention, writing abilities, and peer interaction."

Dopamine controls the brain's reward and pleasure centers, and Rotz said that by using these devices while students do a chore they don't enjoy, they can focus more on the chore because the brain is engaged.

The new challenge, he said, comes with ensuring these devices — which come in all colors and shapes — don't become a distraction to other students when a student is using one around them.

"If they allow [students] to stimulate their brain quietly, that's one thing," he said. "But, it has to be done respectfully. If it's a distraction to anyone else, then it's not as effective."

What are squishies?

Here's what you need to know about the squishy fad.

Squishies smell good. Some squishies come equipped with a scent that reflects the toy's shape. Strawberry squishies smell like the sweet fruit, cake smells like delicious baked goods, and so on.

Squishies keep you calm. Much like slime, stress balls and fidget spinners, squishies are designed to relieve stress by letting people release their excess energy.

Squishies come in many forms. Although many squishies look like food — donuts, ice cream, cookies — some of them also look like animals.

Squishies aren't expensive. Small sizes, which fit in the palm of a hand, can run as low as $1 for one, and you can buy a pack of 20 assorted squishies for $15 on Amazon. Larger squishies, such as a three-tier cake squishy, runs as high as $20 for one.

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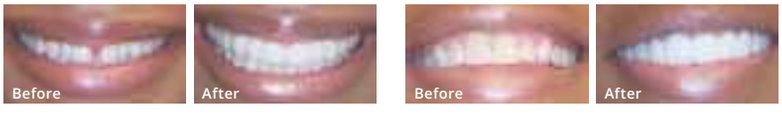

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"This project will be the biggest single job creator in our borough's history," Borough President James Oddo said of Staten Island's forthcoming Amazon fulfillment center. GETTY IMAGES

Amazon to deliver state's first fulfillment center to Staten Island

The warehouse will create more than 2,250 full-time jobs, the online retailer said.

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One day very soon, that recognizable Amazon box you find at your door could be locally sourced as the online retailer on Wednesday announced it will open a fulfillment center in Staten Island sometime next year.

The 855,000-square-foot facility will be Amazon's first in New York state and will bring with it more than 2,250 full-time jobs — whose benefits will start "on Day 1," Vice President of Customer Fulfillment Sanjay Shah said in a statement.

"We've been talking about the West Shore of Staten Island as our borough's 'Jobs Coast,' and today that talk becomes reality in a big way," Borough President James Oddo said. "In fact, this project will be the biggest single job creator in our borough's history. This announcement demonstrates that Staten Island is open for business."

Employees of the Staten Island Amazon fulfillment center, which will be built by Matrix Development Group, will partner with robotics to fulfill orders, from picking and packing to shipping.

The jobs will also feature competitive hourly wages and a comprehensive healthcare, 401(k) and stock awards package that goes into effect on start day. The company also offers maternity and parental leave benefits and tuition-reimbursement programs for "in-demand fields, regardless of whether the skills are relevant to a career at Amazon."

For more info, visit amazondelivers.jobs.

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HURRICANE IRMA

Brooklyn residents lend a helping hand to Puerto Rico with aid packages

Brooklyn residents showed support for those in Hurricane Irma's path, packing aid kits this week to send to Puerto Rico. The Category 5 storm made landfall in the Caribbean early Wednesday morning and will be highly destructive and extremely dangerous, according to reports from the National Hurricane Center.

Still living with the damages from Hurricane Sandy, New Yorkers know those preparing for Irma need help now.

"We have to be proactive rather than reactive," State Assembly Member Felix Ortiz said to ABC7. "Everyone is very tense about what they saw with Harvey and also what they saw with Sandy in New York."

As the storm hits the Caribbean, the U.S. Virgin Islands, Puerto Rico and Florida have all been declared in a state of emergency by President Donald Trump.

"As a community we pull our resources together and send out this like love package to make sure that they are safe," said Brooklyn resident Dennis Flores to ABC7. AMY RUSSO

Workers prepare for Hurricane Irma's arrival in the Dominican Republic. GETTY IMAGES

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NY AG files lawsuit challenging Trump's move to dismantle DACA

New York Attorney General Eric Schneiderman has joined with other politicians to defend DACA from Trump's plans.

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New York Attorney General Eric T. Schneiderman has announced a lawsuit to defend DACA, joining a coalition of 15 states and Washington that has promised to protect immigrants brought to the United States illegally as children following President Donald Trump's decision to dismantle the program.

Trump's announcement on Tuesday to end Deferred Action for Childhood Arrivals, created by President Barack Obama in 2012, sparked outrage across the country as protesters took to the streets and local officials spoke out against the move.

Schneiderman addressed the decision Tuesday afternoon, calling it "cruel, gratuitous, and devastating to tens of thousands of New Yorkers."

On Wednesday, he announced a multi-state lawsuit to protect Dreamers, the thousands of young people who benefit from DACA protections.

"By definition, Dreamers play by the rules. Dreamers work hard, Dreamers pay taxes and for most, America is the only home they've ever known. They deserve to stay here," Schneiderman said. "We are suing to protect the rights of Dreamers, the rights of employers who rely on them, the schools they attend and the rights of the millions of friends and relatives who love them."

Attorneys general from Massachusetts, California, Connecticut, Delaware, Hawaii and more are part of the effort sue over the dismantling of DACA, which puts nearly 800,000 beneficiaries at a higher risk of deportation and increases uncertainty about their futures both in this country and with their families. The lawsuit challenges the discriminatory impact of Trump's decision on Latino and Mexican communities, Schneiderman said.

"As we argued in successful opposition to Trump's two discriminatory anti-Muslim travel bans, his own words show that he is biased against Mexicans," Schneiderman said, citing the president's comments about "bad hombres" and calling Mexicans rapists, criminals and thugs.

Rescinding DACA would have a detrimental impact on thousands of lives as well as on the economy of New York and other states across the country. Ending DACA would affect more than 42,000 New Yorkers and cost the state more than $38 billion over the next decade, Schneiderman said.

"DACA grantees are the American dream," he said. "They go to school, they work, they pay $140 million in state and local taxes every year here in New York."

Ending his announcement of the lawsuit, Schneiderman addressed Dreamers directly.

"We see you, we hear you, we care about you and we have your back," he said. "America made a promise to you, and we will stand shoulder to shoulder with you to make sure that promise is kept. The complaint filed today is critical step in making sure that promise is kept."

New York Attorney General Eric Schneiderman is taking steps against President Trump's decision to end DACA. GETTY IMAGES

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WFAN host Craig Carton arrested for fake ticket scheme

The "Boomer & Carton" co-host was arrested by the FBI early Wednesday morning.

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WFAN radio personality and co-host of the "Boomer & Carton Show" Craig Carton, was arrested early Wednesday morning at his Manhattan home by the FBI on securities and wire fraud charges.

WPIX was first to report that Carton was involved in a $2 million fake tickets scheme before Jonathan Dienst of NBC New York 4 added that the host and another man "claimed to be running a discount ticket broker business that never existed."

Obviously, Carton was not on the popular morning sports talk show on Wednesday. Jerry Recco filled in for him.

His co-host, former NFL quarterback Boomer Esiason, said that Carton was feeling under the weather, which was why he wasn't able to be on the show.

CBS Radio, which owns WFAN, released a statement on the matter to the Daily News: "We are aware of the situation and are cooperating with authorities."

Carton teamed up with Esiason in 2007 and became a marquee tandem on WFAN, which was of great importance for the station considering that "Mike and the Mad Dog," the most successful radio program ever, ended just a year later.

The 48-year-old Carton is known as an agitator on the air as his brash personality and timely acumen made him a must-listen personality.

WFAN radio personality Craig Carton was arrested by the FBI on Wednesday morning on securities and wire fraud charges. GETTY IMAGES

NYC CRIME

NYC has seen fewer murders this year than in previous years. WIKIMEDIA COMMONS

2017 on track for record low violent crime rate in NYC

New York City experienced a significant drop in violent crime in August with the possibility of ending the year with a historically low murder rate, according to the NYPD.

While the city has racked up 179 homicides throughout 2017, the record low was far more, totaling 333 deaths. At this rate, it is estimated that the year will conclude with around 270 murders, breaking the old record.

Last August alone saw 21 fewer homicides than August 2016. The number for last month plummeted by 60 percent from 35 killings to a mere 14. Drops were also seen in burglaries, rapes and shootings.

Mayor de Blasio said the decline is reflective of collaborative efforts between police and the communities they serve.

"Precision and neighborhood policing have brought us the safest August in history, with crime plummeting double digits," Mayor de Blasio remarked, according to PIX11. "New Yorkers and the NYPD are working together to shatter records, driving crime down to levels unthinkable in the past."

Now, the NYPD aims to make the city even safer.

"To see violence fall to these record lows defies what many thought was possible," Police Commissioner James O'Neill said at a press conference on Tuesday. "I know we can do even more." AMY RUSSO

What are New York City's best neighborhoods for parents?

The majority of them are in Brooklyn, according to a new study from StreetEasy.

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Living in New York can be as difficult as it is amazing, but add a kid (or two or more), and it can be even more daunting.

Fear not, there are neighborhoods that are not only family-friendly and parent-friendly, but also wallet-friendly, according to a new study from StreetEasy. The majority of the real estate site's list is in Brooklyn, and Greenwood leads the pack.

Greenwood has a median rent of $2,350 for two bedrooms, and 62 percent of its rentals have two or more bedrooms. And with 24 percent of households having kids under 18, there's a community vibe. Plus, with an average review of 1.47, some of Brooklyn's highest-rated schools are nearby.

More of StreetEasy's top neighborhoods:

Auburndale, Queens
Share of two or more bedrooms: 71.4 percent
Median rent for two bedrooms: $2,200
Avg. school review: 1.27
Households with kids under 18: 29.9 percent

Columbia Street/Waterfront District, Brooklyn
Share of two or more bedrooms: 61.2 percent
Median rent for two bedrooms: $2,888
Avg. school review: 1.36
Households with kids under 18: 27.8 percent

Dyker Heights, Brooklyn
Share of two or more bedrooms: 81 percent
Median rent for two bedrooms: $1,900
Avg. school review: 1.12
Households with kids under 18: 34.4 percent

StreetEasy based the neighborhood list on average rental size, households with kids under 18, school zone performance and median asking rent. ISTOCK

Carroll Gardens, Brooklyn
Share of two or more bedrooms: 50.2 percent
Median rent for two bedrooms: $3,750
Avg. school review: 1.49
Households with kids under 18: 25.5 percent

Bayside, Queens
Share of two or more bedrooms: 66.1 percent
Median rent for two bedrooms: $2,525
Avg. school review: 1.27
Households with kids under 18: 25.2 percent

In order to determine the best city neighborhoods for parents, StreetEasy looked at the share of rentals with two or more bedrooms, the number of households with kids under 18 and the performance and impact scores of the neighborhood's school zone. Median asking rent was also a factor.

The new structures will be fortified as preparation for future storms. PHOTO BY NYC COUNCIL VIA TWITTER/@ NYCCOUNCIL

Red Hook Houses will receive millions in long-awaited Sandy repairs

Almost five years after Hurricane Sandy, Brooklyn residents will finally receive home repairs thanks to a $63 million project.

NYCHA has officially begun construction on the Red Hook Houses to replace roofs on all 28 buildings. The houses will also be fortified with flood-proofing and backup generators to prepare for future storms.

Until now, life in the buildings was dangerous for residents who struggled with leaking ceilings, risks of mold development and disintegrating drywall.

"If you cannot seal the buildings from water, you have issues of mold, you have issues of peeling paint, you have issues of plaster. And then you have the real-life potential health impacts that affect our residents as well," said Chair and CEO of NYCHA, Shola Olatoye, to NY1.

Ground was broken on the project on Tuesday, signaling the start of home improvements for more than 6,000 tenants who've been in need ever since the historic storm battered the city.

AMY RUSSO

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Teacher Assistant	M, W 09/25-12/14/17	6pm-9pm
Security Guard 8-hour Course	SAT 10/14/17, 11/11/17, 12/09/17	9:30am-5:30pm
Security Guard 16-hour Course	Fri, SAT 10/20-10/21/17, 11/17-11/18/17, 12/15-12/16/17	9:30am-5:30pm
Real Estate Salesperson License	M-TH 10/16-11/28/17	6pm-9pm
Professional Development in the Dominican Republic:	June 29 2017 to July 09, 2017	

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C.N.A. Evening	M-TH 10/16-11/30/17	9am-2pm
C.N.A. Morning	M-TH 10/10-12/27/17	6pm-9pm
CPR/AED for Healthcare Providers	SAT 10/14, 11/18, Fri 12/08/17	2pm-6pm
Phlebotomy	M-TH 10/23-11/27/17	6pm-9pm
EKG Technician	SAT 10/14-12/09/17	10am-2pm
EKG Technician	M-TH 10/30-11/09/17	9am-1pm
Dental Assistant	M, W 11/06-02/19/18	6pm-9pm
Pharmacy Technician	T, TH 10/10-12/19/17	6pm-9pm
Clinical Medical Assistant	M, T, TH 09/18-01/18/18	6pm-9pm

Children's Programing

College for Kids	SAT 10/07-12/02/17	9:30am-5pm
SAT Exam Preparation	SAT 10/14-11/18/17	9:30am-2:30pm

Education & Language Skills

English Links/Inglés Intensivo	M-Fri 10/10-12/12/17	9am-1:30pm
English Links/Inglés Intensivo	M-Fri 10/10-01/19/18	6pm-9pm
English Links/Inglés Intensivo	SAT 10/07-12/02/17	9am-2pm
ESL/Inglés como Segundo Idioma	M, W 10/02-12/11/17	6pm-9pm
ESL/Inglés como Segundo Idioma	T, TH 10/10-12/19/17	6pm-9pm
HSE English	T, TH 10/10-01/11/18	9:30am-12:30pm
HSE English	T, TH 10/10-01/11/18	6pm -9pm
HSE Spanish	M, W 10/02- 01/03/18	9:30-12:30pm
HSE Spanish	M, W 10/02- 01/03/18	6pm -9pm
TOEFL Exam Prep	SAT 10/07-12/02/17	9am-2pm
Proveedor de Cuidado de Nino	SAT 09/30-12/16/17	6pm-9pm

Enrichment Program

Event Planning	T, TH 09/19-10/26/17	6pm-9pm
Preparation for the Notary Public Examination	SAT 10/14/17, 10/28/17, 11/11/17, 12/09/17	1pm-5pm
Income Tax Preparation	SAT 10/07-11/18/2017	10am-4pm
Social Media for business	SAT 10/07-12/02/17	1pm-3pm
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OP-ED: WHEN IT COMES TO BIRTH CONTROL SAFETY, DON'T CONFUSE ANECDOTES WITH EVIDENCE

Metro reader and medical student Annie Ferris responds to Metro's recent story "The Hidden Dangers of Birth Control and Tampons."

I am a fourth-year medical student at Sidney Kimmel Medical College of Thomas Jefferson University. On Thursday, I read an article on the "hidden dangers" of birth control and tampons. To my knowledge, the writer is not a doctor and has no formal medical training. She gave anecdotes from people in her own life as if they had the same scientific weight as decades of medical research and treatment. This kind of writing is not only ignorant, it's also harmful, and it angers me that readers could be led astray by this article.

The most serious concerns I have are regarding what she wrote about birth control. Her examples included a friend who has to take "bone-building pills" every day from being on the Depo-Provera shot. She also has a family member who received this treatment and is now facing a hysterectomy after experiencing uterine problems.

This is not sufficient evidence to prove that birth control is harmful.

We know nothing about the other medical issues these women have that could play a part in their health. Furthermore, "uterine problems" leading to a hysterectomy are not a known side effect of the Depo shot. Lack of knowledge regarding women's health has led her to catastrophize and attribute unrelated side effects to birth control.

It's important to know that there are side effects to any medication you take. One of the side effects of the Depo shot is indeed decreased bone mineral density, but what the story doesn't mention is that studies have shown the rate of bone loss is very small — only 0.5 to 3.5 percent after the first year.

While bone loss increases in small amounts after two years of use, it then levels off after five years. More important, after stopping the shot, this loss is almost completely reversed. An OB/GYN can help provide their patients with trustworthy guidance based on evidence from millions of women, not the random examples of two people they know.

The story also states that side effects of the hormone progestin include blood clots, heart attacks, strokes, liver problems, eye problems, and rarely, death. However, pregnancy itself can also cause blood clots, liver problems, and rarely, death. There are risks to everything you do, but the risks are acceptably small enough to warrant using birth control for family planning, and for many women to make the decision to become pregnant. These side effects from birth control are rare, and many forms are very safe for most women. I would strongly advise seeking medical advice from professionals rather than a newspaper columnist who confuses anecdotes with evidence.

Submit your op-eds to letters@metro.us. ANNIE FERRIS

Medical student Annie Ferris offers a rebuttal to a recent Metro article about contraception. ANNIE FERRIS

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'Pharma Bro' offers $5K for Hillary Clinton's hair

Martin Shkreli made the offer – and detailed a possible response – on Facebook.

MICHAEL MARTIN
@MetroNewYork
letters@metro.us

Martin Shkreli gained notoriety for grossly inflating the price of a life-saving drug. GETTY IMAGES

With spare time after his fraud trial ended in a felony conviction last month, "Pharma Bro" Martin Shkreli announced that he wants a piece of Hillary Clinton — literally.

The guy called "the most hated man in America" has offered a $5,000 reward to anyone who can bring him a sample of Clinton's hair, reported The Hill. He suggested it could be acquired during her upcoming book tour.

"The Clinton Foundation is willing to KILL to protect its secrets," Shkreli wrote in a Facebook post Monday. "So on [Clinton's] book tour, try to grab a hair from her. I must confirm the sequences I have. Will pay $5,000 per hair obtained from Hillary Clinton. Payment after the sequence matches. Good luck, patrollers."

"Sequences" refers to DNA sequences, and it's unclear what that has to do with Shkreli's accusations or anything.

"This is satire, meant for humor and not an endorsement of violence against a truly wonderful public servant," he concluded, but by Tuesday afternoon, Shkreli claimed he had been contacted by the Secret Service.

"The Secret Service has requested an interview with me," he wrote on Facebook. "I am declining that interview – schedule is full. I will be peacefully protesting the Hillary Clinton book signing in NYC, chanting, 'Lock her up' with my friends, though."

On Wednesday afternoon, Shkreli claimed success, posting that he had received "various samples, including a pristine condition 25-hair (including follicles) sample of the subject in question. I will proceed with sequencing as fast as I can."

Disappointing those who like their trolling narratives to be neat and tight, Shkreli still hadn't specified what he would like to do with any DNA extracted from any hair samples.

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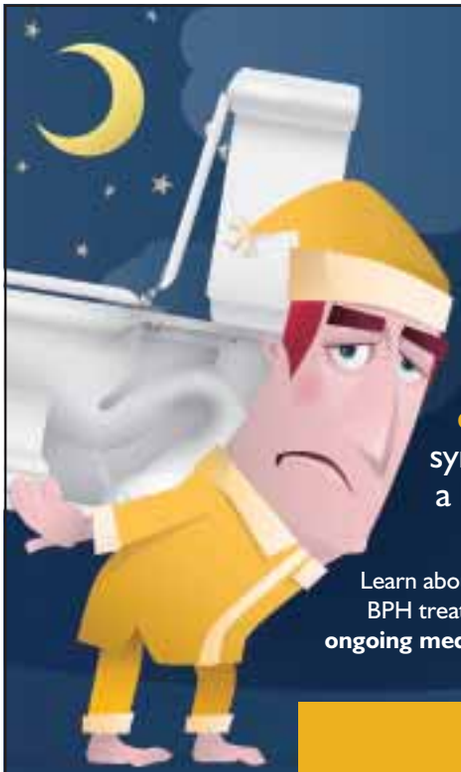

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North Korea's 'pink lady' has been dropping news bombs for four decades

In North Korea, Ri Chun Hee, the country's most famous news anchor, has been serving up a forecast of bombs, missiles and destruction for four decades and it was her familiar face that went over the air once again to cheerfully announce North Korea's latest successful nuclear test.

Though Ri retired from the screen in 2012, she's still the North Korean government's go-to spokeswoman. She reemerged Sunday to inform North Koreans that a sixth nuclear detonation had gone smoothly, The Washington Post reported.

"The test of a hydrogen bomb designed to be mounted on our intercontinental ballistic missile was a perfect success," Ri said, clad in her typical pink robes. "It was a very meaningful step in completing the national nuclear weapons program."

Around the world, the 74-year-old has become

Ri Chun Hee, better known as North Korea's "pink lady," is the country's most famous news anchor. WIKIMEDIA COMMONS

known as North Korea's pink lady – recognized for her dramatic and cheerful description of the country's military successes.

Sunday's announcement came about with the pomp and circumstance that has become characteristic for Ri – seated in front of a bucolic painting of a lake, adorned in formal pink robes and with uttering her message with her signature theatrical flair.

Ri is a figure so iconic in North Korean media she has been likened to Barbara Walters. She has endured three generations of North Korean leaders and tearfully broke the news of the deaths of Kim Il Sung in 1994 and his son Kim Jong Il in 2011 – she ditched the pink robes for those announcements in favor of black mourning robes.

Not much is known about Ri's background other than that she was reportedly born into a poor family in what is now the southeastern part of the country. She later attended theater school in Pyongyang, joining state television as it was beginning to take shape in 1971 and launching a career that would span decades.

A North Korean state-run magazine paid homage to Ri in a 2009 article saying, "As these days passed, her voice grew to have an appeal so that whenever she would speak on the news, viewers were touched," according to the Reuters translation. "When Ri announced reports and statements, enemies would tremble in fear."

ERIN TIERNAN

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the word

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Katie and Jamie held hands in public

Jamie Foxx and Katie Holmes were caught holding hands to the surprise of, well, no one.

The love birds — ugh, I hate myself for saying that — were photographed taking a stroll on the beach hand in hand, wearing matching fedoras. You know, like couples do.

Their latest outing could have something to do with Holmes' rumored five-year-clause — it supposedly banned Holmes from publicly dating anyone, as not to sully ex-husband Tom Cruise's reputation which, LOL. Damage is done, BB.

"Katie signed a clause in her quickie divorce settlement that prevents her from embarrassing Tom in various ways, like talking about him or Scientology or publicly dating another man for five years after the divorce," a source told Radar last year.

Yep. Sounds like some classic Cruise nonsense to me.

Carry on!

A new Kimye baby will premiere January 2018

You guys, it's been a while since Kim Kardashian and Kanye West released their spawn to the world. In 2013, we got North. In 2015, we got Saint. And now, premiering in January 2018 we'll get ... another baby with a not normal name.

Turns out the rumors were right: A source confirms to People that the surrogate the Kardashian-Wests hired to carry their third child is pregnant.

"Given her health scares in the past, Kim felt the need to hire a surrogacy agency that helped serve as the liaison in finding a healthy woman who would be a great surrogate option for her and Kanye," the source told the magazine. "They want everything to be perfect.

Congratulations to the fam! Say what you will about the Kardashian-Wests, but they make really, really cute babies.

Hooray?

Aaron Carter tweeted through a car accident

Troubled dude Aaron Carter would like you to know that he was in a car accident the other day. But don't worry, or anything: He's totally fine.

The singer posted a picture of him driving, but shortly after wrote. "Life is really so precious, I just got into a terrible accident and completely totaled my BMW M4." Is this a case of chronic oversharing or sponsored content on behalf of BMW? I don't know!

"TBH this s—t hurts my arms hurt my legs hurt all my airbags went off I broke my nose this is f—ked up," he said.

"I never meant to get into an accident as severe as this," he continued. "I've ran into people before and honestly nothing compares to what happened today."

Anyway, if someone could take this dude's license away, that would be great.

My dude continues to do the most.

ALL PHOTOS GETTY IMAGES

Anna Faris says being a guy's girl is overrated

Ever since Anna Faris split from Chris Pratt, People has been combing through everything she says or does for hints about the disintegration of their relationship.

Now, the "Mom" actress has book of essays coming, and Cosmopolitan has featured an adapted essay about being a guy's girl — and how it's no bueno.

"I was once told that I didn't need a tight group of girlfriends because Chris should be my best friend," Faris says. "But I never bought that. The idea of your mate being your best friend — it's overhyped." OK, girl, tell 'em!

Also, she looks great.

"In my 20s, I thought it was cool to say I was a guys' girl," she continues. "[But] I wasn't even getting any fulfillment from the relationships with those dudes."

Anyway, what does this all mean!? It probably means just what she says — Chris wasn't her best friend. Which is chill, tbh.

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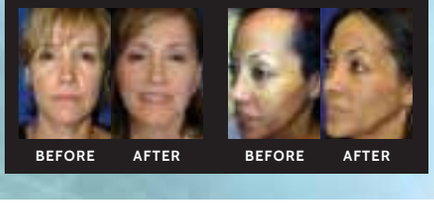

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How 'Narcos' can

Michael Stahl-David as Chris Feistil in Narcos season 3 JUAN PABLO GUTIERREZ/NETFLIX

Michael Stahl-David spoke exclusively to Metro about the future of the Netflix show.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

"Narcos" season three hit with a bang last week, when Netflix uploaded all 10 episodes. Fans quickly devoured each and every one of them. (Hey, what is a long weekend for?)

Things were much different this time around, though, as the death of Pablo Escobar (Wagner Moura) at the end of "Narcos" season two paved the way for the Cali Cartel to fill the void.

The emergence of the Cali Cartel also coincided with the debut of several other characters, including Michael Stahl-David as DEA agent Chris Feistl, who works under Javier Pena (Pedro Pascal). I spoke with Michael Stahl-David to ask the question on everyone's mind: Does the death of Escobar mean the show is headed toward its conclusion, or is it going off in a new direction? Stahl-David insisted it was the latter, even insisting that "Narcos" could take place at any time or place, as long as narcotic trafficking was prominent.

"The cool thing about season three is that 'Narcos' doesn't mean Pablo Escobar. 'Narcos' means narcos. As long as there's any narco traffickers in any part of the world in any place of history. So I actually think that season four will be very interesting. Three is already like a reinvention of the show, and I think that you could see them doing that again," Stahl-David said.

"The show can go on for a long time, I think,

evolve beyond Pablo Escobar

GETTY IMAGES

as long as Eric Newman and his writers can keep on churning out scripts," he said. "There's certainly places all over the world that have fascinating and f--d up stories about how this underworld business enterprise works."

Stahl-David said he spent time with the real Chris Feistl, who retired from the DEA and moved to Phoenix seven years ago. The 34-year-old actor even traveled all the way out to Arizona and booked a session in an escape room in the hope that Feistl's mannerisms would come to the fore. This plan worked perfectly — Stahl-David admitted that, even though Chris Feistl was originally skeptical, his competitive streak soon emerged. Stahl-David quickly noticed and took note of the "forward energy" Feistl showcased in order to help his portrayal of the DEA agent in Narcos season three.

"The escape room was a funny idea that worked out well. I rented out this one in Phoenix near where he lives. And at first, he was like, 'We've got a lot of business to discuss. I don't know if that's a great use of our time.' And I was like, 'We'll see'," Stahl-David recalled. But Feistl's skepticism changed once the two men got into the room.

"Sure enough, we do it, and he's a competitive dude, of course. And we were locked in this room with all these puzzles to sort out, and it was interesting to see his intensity when searching, especially as the time was running out," the actor detailed. "When you are in those things, it's like anything, anywhere in the room could be a clue, so we were turning stuff over looking for stuff. And that really was similar to the energy of when we were raiding the different hideouts and trying to find the trap wall and the fake wall."

All three seasons of "Narcos" are available on Netflix, and it's been confirmed that at least a fourth will follow. Unfortunately for viewers, a release date for "Narcos" season four has yet to be announced, but it has previously taken only a year for each new season to arrive. So hopefully, the next season will be with us by September 2018.

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How to survive a breakup, according to 'You're the Worst'

The season 4 premiere had a lot of wisdom, frankly.

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Last night, "You're the Worst" kicked off its fourth season with the aftermath of Jimmy (Chris Geere) and Gretchen's (Aya Cash) break up: Jimmy proposed to Gretchen and fled the scene at the end of the third season, and now, everyone is picking up the pieces. Or just avoiding the pieces altogether.

The two-part episode showed us all the ways to get over a breakup. Some bad, some horrible. And frankly, it's inspirational.

People have been taking notes from their favorite fictional characters since, forever. So today, we're taking notes from the "You're the Worst" gang: Jimmy, Gretchen, Lindsay (Kether Donahue) and Edgar (Desmin Borges). Because if those four can commit to anything, it's being good at being the worst.

Here then, are the 10 top ways to get over a breakup, according to the first episode of the season.

1 Go off the grid
Jimmy — sans phone, technology, or any way to be reached by the outside world — has spent the last three months hanging at a motor home retirement community. He borrows books from the library! He does handy work, somehow! It's a great way for him to run away from his problems and be distracted by the absence of any people he knows or loves.

2 Develop severe agoraphobia
Gretchen, meanwhile, hasn't left Lindsay's apartment in three months. It's certainly not healthy, but she doesn't have to deal with anything, which is really cool!

3 Dabble in street drugs. Like crack, for instance
Gretch also buys drugs, from the convenience of her window, from some homeless dude on the street. And not just any drugs: she buys crack cocaine. It's pretty over the top.

Lindsay (Kether Donahue) is living her best damn life.
BYRON COHEN/FXX

4 Throw yourself into work
Lindsay, meanwhile, has a new job and with it a new glow. It's actually impressive how effortlessly she's bounced back from her divorce, even if she is waist-deep in Gretchen's overwhelming...um, issues. (See use of extremely hard drugs above.)

5 Buy plants! Lots of plants!
In the wake of Jimmy's disappearance, Edgar redecorates Jimmy's house and becomes a certified plant daddy. Sometimes, he really does seem like the most well-adjusted of them all. And that's saying something.

6 Pass the time with a geriatric misanthrope
Jimmy has befriended an old dude who communicates primarily through a series of growls and throwing pinecones. We should all be so lucky as to have a senior citizen friend that mostly ignores you when you're down on your luck.

7 Get a friend with benefits
Lindsay and Edgar channel their mutual frustration with Jimmy and Gretchen through having healthy, unattached sex with each other. It works like a charm.

8 Binge watch random shows
As seen in the retirement community. It's a great mindless way to stop from thinking on the issues at hand.

9 Hook up with a very rich ex and steal his wine
At her lowest, Gretchen seeks out her former flame, Ty. And he might be a douche, but he's very rich and very into collecting a bunch of old wine — which Gretchen steals, obviously. It's not quite a win-win, but it's not crazy far off, either.

10 When in doubt, drink copious amounts of alcohol
As always, our antiheroes rely on one thing to get them through: hard booze. Somehow, they're never hungover, but they're always at varying stages of drunkenness. It's dependable AF.

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things to do

Left: Craven. Above: Butcher & Banker. Eden ALL PROVIDED

Fall Restaurant Preview

Here are the 11 openings we're most excited about for the season.

EVA KIS
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Craven
After opening the lauded modern riff Chinese Tuxedo, restaurateur Jeff Lam is taking on American comfort food at Craven. A co-production with Addison Hospitality Group (Monarch Rooftop), the restaurant-bar-lounge in Hell's Kitchen gets a Havana-style retro vibe from plant prints and mid-century furniture, plus a large tropical patio to soak in the last of summer. On the menu is oh-so-trendy buffalo cauliflower, chicken fried tofu and a selection of tacos. *Now open, 346 W. 40th St.*

Hwa Yuan
One of New York City's most popular noodle joints, Hwa Yuan used to move a quarter-ton of chef Shorty Tang's noodles for almost 20 years before closing in the '80s. Unlike so many classics consigned to nostalgic memories, this one is getting a literal new lease on life with a revival by the Tang family. *Opening: Sept. 15, 46 East Broadway*

Brooklyn Cider House
Peter Yi's farm-to-bottle cidery has overcome its permitting issues and is ready to make its grand debut in Bushwick this fall. After starting out in wine, he fell for Basque cider in Spain and bought an orchard in upstate New York. Ciders will eventually be produced on-site, and served with a Spanish pairing menu. *Opening: Oct/Nov, 1100 Flushing Ave., Brooklyn*

Butcher & Banker
After being tapped to open a restaurant by none other than Bette Midler, chef Scott Campbell is back on the NYC dining scene with what's sure to be a memorable night out: Butcher & Banker, an updated steakhouse concept whose Art Deco-style dining room is the former Manufacturers Hanover bank vault beneath the New Yorker Hotel. On the menu — in addition to the red meat — are New American classics with a seasonal flair and an affordable wine list. Opening: *September, 481 Eighth Ave.*

Celestine
An early contender for most scenic new restaurant is Celestine on the DUMBO waterfront by Julian Brizzi (Grand Army) and Garett McMahann (Perilla). Though the location is grand, the restaurant is going for a neighborhood restaurant vibe, with seasonal Eastern Mediterranean-inspired food drawing flavors "from Sicily to Beirut." *Opening: End of September, 1 John St., Brooklyn*

General Debs
The one-man pasta renaissance that is Kevin Adey is opening his second restaurant, focusing on an entirely different genre of noodle. At Faro, he specialized in obscure Italian pastas; at General Debs, he'll showcase "the noodle culture of Sichuan," all of it handmade in-house. *Opening: September, 24 Irving Ave., Brooklyn*

Eden
In more than three decades as a chef, David Laris has brought a world of culinary concepts to Shanghai, Hong Kong and beyond. This fall, he's making a surprisingly low-key entry into the U.S. with Eden, coming to the new Cachet Boutique NYC Hotel. The small, casual restaurant is described as a "globally-inspired culinary adventure, encompassing both indulgence and healthy living" with local and ethically sourced ingredients. *Opening: October, 510 W. 42nd St.*

Brooklyn Cider House
MICHAEL TULIPAN

DaDong
Chinese celebrity chef Dong Zhenxiang will open the first U.S. branch of his Michelin-starred shrine to Peking Duck, DaDong, in a two-story space inside The Cube with 400 seats and a huge outdoor garden. The chef describes his cooking as an "artistic conception of Chinese cuisine," served in a space that's part formal dining room, part lounge. *Opening: October, Three Bryant Park*

Gloria
You've enjoyed plenty of excellent cocktails in cool settings courtesy of Yves Jadot, the man behind Raines Law Room and Dear Irving among others. His latest project veers in a different direction as the city's pizza renaissance continues with Gloria, a Neapolitan pizzeria meant to feel like "you've stepped into Nonna's dining room." *Opening: October*

The Rag Trader
Set inside a former garment factory, your experience in this multi-level restaurant and bar from Fox Lifestyle Hospitality Group (Street Taco, White Oak Tavern) will vary depending on which floor you land on. Downstairs, a cheekily named lounge called Bo Peep will have live music and "whimsical" drinks. *Opening: Fall, 70 W. 36th St.*

Zauo NYC
You've gotta love a good gimmick, and it doesn't get more gimmicky than this. Diners at Zauo New York will wade into waist-high water and catch their own fish, which is then prepared by the method of their choice. Hey, enough people love the concept that there are 13 Zauo restaurants throughout Japan. *Opening: December, 152 W. 24th St.*

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MUSIC

Seaport Music Festival

Music festival season is not over yet! Now in its 15th year, the Seaport Music Festival brings four epic days of music and culture to the rapidly growing nightlife scene in Lower Manhattan. Known for showcasing indie acts who would go on to conquer the airwaves like The xx, Clap Your Hands Say Yeah, Sufjan Stevens and more, this year features sets by Ted Leo and the Pharmacists, Martin Rev, The Wolfmanhattan Project, Jean Grae, The Dance Cartel and many more. In addition to live music, there are film screenings, comedy and dance.
Sept. 7-10, South Street Seaport, free, 11 Fulton St., seaportmusicfestival.com

Washington Square Park Folk Festival

Wind down your weekend with some relaxing folk and bluegrass tunes from local performers who gather in Washington Square Park for an afternoon of free live music that will range from the kind that gets you up and dancing to the kind that invites you to sit back and mellow out. The show opens with Nora Brown and features the Down Hill Strugglers (with John Cohen), Zeke Schein, Seyyah and Bill & the Belles. It wraps up with a square dance in the actual park square.
Sept. 10, 1-5 p.m., Washington Square Park, free, wspfolkfest.com

PARTY

Surf's Up, Drink Up

Summer's technically over, but as long as the warm weather holds, you might as well keep California dreamin' — which you can do with Surfs Up, Drink Up, a clam bake and oyster bar at Brooklyn's outdoor paradise of a bar, Midnights. Simple Vodka and Ommegang will be providing the drinks while you chill and browse gear by surf brand Tuuliki NYC and a portion of proceeds goes to City Harvest.
Sept. 7, 7-9 p.m., Midnights, 149 N. Sixth St., Brooklyn, pay as you go, midnightsbk.com

TENNIS

Hudson Grey Goose Ping Pong Tournament

Whether you're a tennis fan or a vodka fan, you can get in the spirit (see what we did there) of the U.S. Open Semifinals with the Hudson Grey Goose Ping Pong Tournament. It's free to attend, whether you want to spectate or grab a paddle, though RSVP is required to play. Either way, you'll be enjoying samples of Honey Deuce, the U.S. Open's official cocktail, and Deuce Popsicles from People's Pops. Champs get a free night at the hotel and $25 to spend at Umami Burger.
Sept. 7, 7-10 p.m., Hudson Hotel, 58 W. 58th St., free, hudsonhotel.com

COMEDY

Janeane Garofalo
STEVEN DEWALL

Cinder Block Comedy Festival

Spanning 18 venues in Williamsburg and Bushwick, the Cinder Block Comedy Festival takes up a lot of more real estate than the name implies. Its title also belies its enormity, with over 80 shows in four days, plus the caliber of its talent, with names like Janeane Garofalo, Judy Gold and Jo Firestone. Known for its progressivism, this year's fest highlights abortion at Speakout Laughout (Sept. 10) and new females in the biz at the Gold Comedy Showcase (Sept. 9).
Sept. 7-10, Multiple locations in Brooklyn, $5 average, cinderblockcomedyfestival.com

BOOKS

Salman Rushdie: "The Golden House"

Salman Rushdie visits the Brooklyn Public Library this week to discuss "The Golden House" the latest addition to his growing collection of earnest (and often controversial) ruminations on our times. His new novel leans on realism as it charts an eccentric family of millionaires and an exploitative villain running for public office. The story borrows from Rushdie's recent stint in politics, from the Tea Party to Gamergate. He'll read from the work and sign books, a copy of which is included with your ticket. The event will be moderated by author Colum McCann.
Sept. 7, 8-9:30 p.m., Brooklyn Public Library, 10 Grand Army Plaza, $34, bklynlbry.org

FILM

Coney Island Film Festival

Film festivals are one of the mainstays of summertime, meaning that you can lap up that lingering glow of the season by indulging in the final few kicking off as we roll into fall. Chief among them might be the Coney Island Film Festival, with indie films that highlight eclectic culture and diverse voices in a unique spot with affordable tickets. Be sure to check out the Opening Night Party, which includes a live stage show, food and two-hour open bar for just $25.
Sept. 8-10, Sideshows by the Seashore & Coney Island Museum, 1208 Surf Ave., $8-$50, coneyislandfilmfestival.com

CONVENTION

LGBT Expo

Now in its 24th year, the LGBT Expo is the first and longest-running conference of its kind. It's returning to NYC this weekend at the Jacob Javits Center, where it will be conveniently sharing the space with RuPaul's DragCon, a gathering for members and allies of the drag community. In addition to exhibiting over 200 LGBT-friendly businesses, talking about the latest trends and hosting a few fabulous parties, this is the first time ever that the LGBT Expo is entirely free!
Sept. 9-10, Jacob Javits Center, 655 W. 34th St., free, thelgbtexpo.com

ART

"The Constitution"

It's the end of the local theater world as we know it. Kicking off what's been announced as the 20th and final season of Horse Trade Theater Group, home to eight theater fests per year, "The Constitution" is the kind of topical indie production the company's been known for during its bold gallop through NYC's off-off-Broadway scene. In it, the world's ending and four actors are locked away and tasked with writing a new Constitution in just six days to create a perfect America.
Through Sept. 10, UNDER St. Mark's, 94 St. Mark's Pl., $25, horsetrade.info
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FOOD

Taste Talks Brooklyn

You don't need to be on this planet long to understand that eating is about more than putting nutrients in your body. Taste Talks Brooklyn focuses on how we eat, what we eat, why taste matters and the future of food. Events include a cooking showdown (featuring cereal, of all things), a cookout and, of course, brunch. Special guests include Wylie Dufresne and the pros associated with names like Gramercy Tavern, Saxon + Parole, Esquire and the New York Times.
Sept. 8-10, Multiple venues, Brooklyn, $49-$99, broolyn.tastetalks.com

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Pig Island

One day, 25-plus chefs, unlimited drinks and way too many pigs to count (sorry Babe): It's all going down at Pig Island, and it's all included with your ticket. This year, the chefs who'll be prepping their best pork dishes hail from venues like Arrogant Swine, Jimmy's No. 43 and Casiero e Bom (2016's Best in Show). Drinks come from Sixpoint, Pig's Nose Scotch Whisky, Original Sin, Blackduck Cidery and more. There are also dessert bites and vegetarian options.
Sept. 9, 11:30 a.m.-4 p.m., Erie Basin Park, Red Hook, Brooklyn, $75, pigisland.com

Abu Dhabi, the extreme emirate

The emirate of Abu Dhabi is packed with thrills, from the world's tallest roller coaster to desert safaris.

Fodor's Travel

Go dune bashing in the Empty Quarter for a heart-pumping way to see the desert. GETTY IMAGES

With the Persian Gulf to one side and the desert on the other, the United Arab Emirates' capital city is one of the world's popular destinations for adventure travelers.

In Abu Dhabi, you can drive a Ferrari, ride the world's tallest roller coaster loop, go dune bashing, wakeboarding or quad biking... it's all or everything in this extremely unusual city.

Ride the World's Highest Roller Coaster

There aren't many places on earth where you can zoom 150 miles per hour in a Ferrari, and experience the world's highest non-inverted loop roller coaster all in one afternoon. Then again, Ferrari World isn't your usual theme park. The high-voltage complex is home to the Formula Rossa, the world's fastest roller coaster, reaching 149 miles per hour in less than 5 seconds. The park recently opened its latest thrill: Turbo Track, which lets riders experience a Ferrari Test Driver sensation as they endure a hair-raising "zero gravity fall."

Drive a Racecar

Keen to zip around a real F1 track? Book an afternoon on the Yas Marina Circuit, where the Formula One races provide the opportunity to experience life in the driver's seat. The adventure begins with a test drive, a trip to the pit, and a tutorial, followed by a few laps in your choice of racecar, from Formula YAS 3000 to an Aston Martin GT4, a Ferrari 458 GT and a Jaguar F-Type S Coupe.

Explore the World's Largest Uninterrupted Desert

Just an hour outside of Abu Dhabi, the Al Khatim Desert sprawls in all directions. Trips with Nuzhath Ideas Abu Dhabi Desert Safari take travelers into the vast sandy expanse for safaris and "dune bashing." Beginning with a drive through the desert, a Toyota Land cruiser will take you crashing into the top of the desert's highest dunes. Moving on, travelers can strap up to try sandboarding, a camel ride, a visit to a traditional Bedouin camp, belly dancing, shisha, henna and an Arabic barbecue.

Get Up Close and Personal With a Bird of Prey

Ferrari World
GETTY IMAGES

Practiced for centuries in Abu Dhabi, falconry played an important role in the country's desert past and remains a symbol of courage and strength. At the Anantara Sir Bani Yas Island Resort, you can learn the ins and outs of training this fierce animal with the help of a professional handler, who practices traditional telwah techniques. During the demonstration, the falcon swoops into the air at a speed of up to 223 miles per hour, only to return to its trainer's arm with a soft landing. After the demonstration, guests can try their hand at holding and feeding the falcons.

Go on a Midnight ATV Ride

There's quad biking, and then there's midnight daredevil dune drives on all-terrain vehicles (ATVs). If you're after a real thrill, book an overnight safari with Quad Bike Abu Dhabi. The nocturnal tour is a star-lit joyride across rolling dunes in powerful four-wheelers boasting 250cc to 800cc engines. Never driven an ATV before? Not to worry. Drivers are equipped with safety gear and a thorough briefing before testing their mettle.

Work Up a Sweat While Dune Biking

It might look like a sophisticated, sun-soaked Arabian palace, but the Qasr Al Sarab Desert Resort By Anantara knows how to turn up the energy. The desert hotel, tucked away in Abu Dhabi's Empty Quarter, offers "fat biking" — two-wheel bicycles with extra wide, heavy tires to ensure a smooth drive up and down the dunes. The experience takes place amidst the golden sands of the Liwa Desert, which doubles as one giant BMX park, albeit with the occasional camel and gazelle sighting.

Go Wakeboarding in the Desert

Between the city and the airport, the Al Forsan International Sport Resort is the go-to center for urban adventures. The enormous complex has everything: paintball, wakeboarding, shooting ranges, horseback riding, and go-karts that reach up to 68 miles per hour. Not only are the facilities well maintained and modern, but there are coaches and trainers on hand for those hoping to pick up some new skills.

Surf the World's Largest Manmade Wave

Home to Ferrari World and the Yas Circuit, Yas Island is the city's epicenter of entertainment. For family-friendly fun, spend a day at Yas Waterworld, where more than 43 rides and attractions await. There's Slither's Slides for a downhill splash, the Bandit Bomber roller coaster, and Jebel Drop speed slide. But serious daredevils will want to queue up for the Liwa Loop — a chute-like ride where the floor opens from underfoot.

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Why Knee Arthritis Sufferers Of Almost All Ages Are

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By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. *"The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

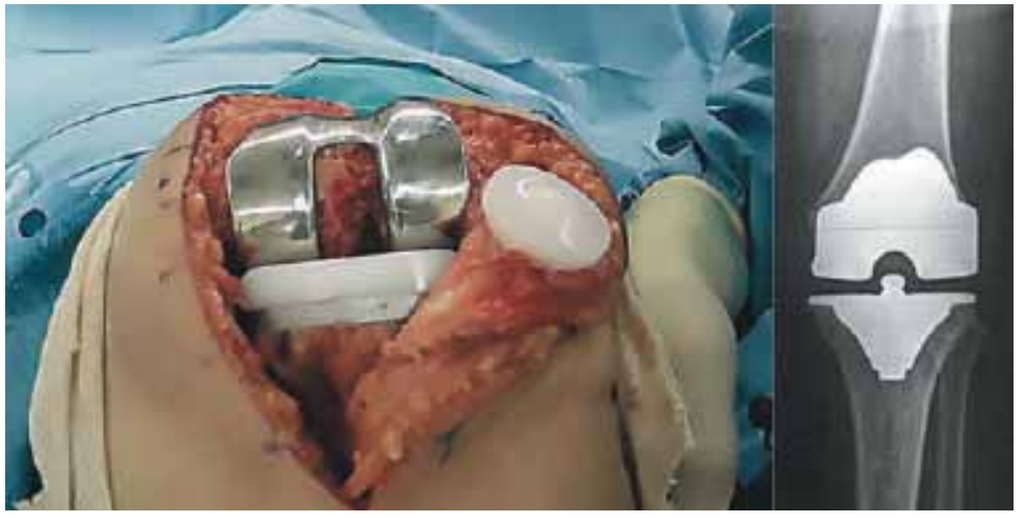
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Choosing Newest Medical Procedures Before Surgery

h Medicine And All Natural Treatments

l little to no downtime amongst top reasons.

to find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comphrensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering the best technology.

Advanced Medical Technology Can Make All The Difference: **This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.**

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

Many Insurance Plans Participate:

Most Out-Of-Network Insurance Plans

United Healthcare In & Out Of Network (except the Community Plan) Traditional Medicare • AARP Medicare Most Union Plans • Transit Worker Plans

Work Related Injuries/Work Comp

Auto Accident plans

Out of newtork:

Aetna • Cigna • Empire • Oxford • Ghi • 1199 Blue Cross Blue Shield & others

**EZ payment plans and financing also available*

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 8 0 0 8 8 5 K N E E (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

www.PAINMDNY.com

800-885-KNEE (5633)

Justin Tuck: Giants could end up Super Bowl champions in 2017

The former Giants defensive end has high hopes for his old team ahead of the 2017 season.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Justin Tuck knows good football when he sees it. The New York Giants legendary defensive end and two-time Super Bowl champion might have retired in 2015, but he still has his pulse on his former team and the NFL.

Speaking exclusively with Metro New York on Wednesday while promoting his fantasy football league through Draft Kings, Tuck expressed his high hopes for the Giants this season, which starts in just a few days.

"I think the Giants are going to have a great season. That's predicated on the team staying healthy," he said. "I love what they did during the offseason, bringing in [wide receiver] Brandon Marshall. I really do think they gave [quarterback] Eli Manning a lot of weapons on offense."

While Marshall, a six-time Pro Bowler with over 12,000-career receiving yards, was signed as a free agent from the New York Jets, the Giants also added Ole Miss tight end Evan Engram via the draft to provide another dangerous pass catcher to an arsenal that already includes Odell Beckham Jr. and Sterling Shepard.

The dangerous-looking offense will be heavily reliant on the protectors of Manning and the playmakers, which has provided Tuck with some reservations.

"Obviously, I'm a little worried about the offensive line. But I think Eli is the type of quarterback that can make them better," Tuck said. "I think a lot of the success of the line can be improved by Eli's play and knowing that there are certain issues that can be hidden if he can get the ball out of his hand."

It's nothing Manning isn't used to. Although he was sacked just 22 times last year, third-least in the NFL, the veteran QB was constantly hurried and harassed by opposing defenses, which played a part in his 16 interceptions.

Should the offensive line keep Manning upright and give him some time, Tuck sees some silverware in their future.

Former New York Giants defensive end Justin Tuck thinks his old team has a real shot at winning its fifth-ever Super Bowl title. GETTY IMAGES

"If [the offensive line steps up], I don't see why they can't have one of those long, typical great seasons where we end up hoisting the Lombardi Trophy," Tuck said. "I really think this team has that capability."

That's only one-half of the ball, though.

When it comes to the defense, which was once his, he likes what he sees.

"I think they are going to be a top-five-caliber defense," he said. "I think that defensive line has three superstars [Olivier Vernon, Damon Harrison and Jason Pierre-Paul] and a lot of quality players to compliment them."

The group of pass rushers came alive in the second half of the season to help fuel the Giants to a playoff berth.

But when it comes to the player that has caught his eye the most? Then you have to go to the secondary.

"I think [cornerback] Eli Apple — if I was going to say someone that has surprised me — I thought he had a pretty decent preseason," Tuck revealed. "I think he made some strides from where he was his rookie season to now."

Preparing for his second year in the National Football League, Apple is just a part of a Giants secondary that boasts big-time talent like Landon Collins, Dominique Rodgers-Cromartie and Janoris Jenkins.

"It's a lot of guys on that defense that can really be game changers and can definitely take it to the next level," Tuck said.

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2017 NFL SEASON PREVIEW

Metro sports editors predict the 2017 NFL season.

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Metro's sports editors in Boston (Matt Burke), Philly (Evan Macy) and New York (Joe Pantorno) made their predictions on which players and teams will reign supreme in the NFL in 2017. Football is finally back and here is an idea of what to expect this season:

AFC Champion

Burke: Patriots. The Pats' best competition in the AFC is Oakland and Pittsburgh. Despite the presence of Khalil Mack, the Raiders finished 20th in defensive PPG last season. They're not ready yet. The Pats absolutely own the Steelers and there's no way Pittsburgh is going into Gillette in January and coming out victorious.

Macy: Steelers. Hear me out. The Patriots' success rides on the right arm of a 40-year-old QB, an oft-injured and hard partying tight end, an offense already devoid of its top WR, and a defense built on the backs of mercenary free agents unfamiliar with Bill Belichick's culture and ways. All good things come to an end. The Pats will fall short in the AFC title game. BOOM. [Drops mic]

Pantorno: Patriots. Why are we even talking about this? The only way this doesn't happen is if Tom Brady goes down. And that man drinks magical green beverages that are going to let him play until he's 73. I could be his No. 1 wide receiver and they'd still win 13 games.

NFC Champion

Burke: Panthers. I'm a firm believer in bounce-back years in the National Football League. The Panthers were shooting for an undefeated season just 19 months ago and Cam Newton was the MVP that year. He's just entering his prime.

Macy: Buccaneers. Okay, it's possible I enjoyed Hard Knocks too much, but the Bucs really do have the recipe for success in today's NFL. A dynamic and elusive QB with a mega arm. Three insanely potent weapons to pass the ball to and a much-improved defense. It helps that their division is relatively weak and the NFC really has no other standouts. I'm on board the pirate ship.

Pantorno: Cardinals. David Johnson has the promise to be the NFC's Offensive Player of the Year as an explosive dual-threat out of the backfield. Carson Palmer has thrown for 4,000-plus yards in each of his last four FULL seasons and is two years removed from a 35-touchdown 2015. Oh, and he's still throwing to Larry Fitzgerald.

Super Bowl champ

Burke: Panthers. Every Super Bowl the Pats play in is unbelievably close. They're due to lose one of these tight ones after last season's miracle OT win and the Malcolm Butler/Seahawks game in 2015.

Macy: Steelers. Finally, Burke falls back to Earth. The 19-0 Patriots nonsense is...er, nonsense. I think the Steelers — boisterous after ending the Pats season early — ride a healthy Antonio Brown and Le'Veon Bell to a Super Bowl victory over the no-show, youthful Bucs.

Pantorno: Patriots. If everyone (read that as "Brady") stays healthy this team goes 19-0 or 18-1 even without Julian Edelman as one final "up yours" to Roger Goodell and the NFL.

NFL MVP

Burke: Rob Gronkowski. Aaron Rodgers, Tom Brady and whichever QB turns out to be this year's Matt Ryan will have excellent but similar years. It will open the door for the NFL's first non-QB or RB to win MVP since Lawrence Taylor won it in 1986. Gronk's 2017 contract is laced with incentives and the dude needs money to go to Vegas 88 times a year. He's still only 28-years-old, and if healthy (I realize that's the IF of all IFs), he's the most dominant force in pro football.

Macy: Bring on the Winston hate because he has everything a future MVP needs. Mike Evans, DeSean Jackson, Chris Godwin, OJ Howard, Doug Martin and some experience to back up the hype is a recipe for an MVP season.

Pantorno: Aaron Rodgers. A QB has won the MVP in nine of the last 10 years. That's not changing this year. This guy is coming off a 40-TD, seven-INT season and has a chip the size of Alaska on his shoulder. Jordy Nelson will be healthy and he'll be supported by Davante Adams, Randall Cobb AND newly-acquired Martellus Bennett.

NFL power rankings | by Luke Miller

No. 1

Patriots 14-2 (in 2016)

If a 28-3 deficit in the Super Bowl couldn't knock the Patriots out of this spot, losing Julian Edelman to injury isn't going to do it. All they did this off-season is bring in Brandin Cooks and Stephen Gilmore fresh off a Pro Bowl season.

No. 2

Falcons 11-5

The Falcons, already stocked with a dynamic offense that returns Julio Jones, Devonta Freeman and others, probably brought in enough on the defensive side off-set Jalen Collins continued problems. The Super Bowl hangover is the last enemy that shall be conquered.

No. 3

Raiders 12-4

Robbed of the opportunity to see what could have been in the short term for the 2017 playoffs, the Raiders wasted no time securing Derek Carr for the long term, briefly making him the highest paid player in the NFL (before Matthew Stafford's recent extension) while they were at it.

No. 4

Chiefs 12-4

Adding Patrick Mahomes shouldn't impact the 2017 season if all goes according to plan in Kansas City, but it certainly locks down the trajectory of the franchise going forward. Of course, spending the first round pick on Mahomes ... that may impact it significantly.

No. 5

Steelers 11-5

The Steelers secondary got better as the year went on last season, but you wouldn't know it from the way they jumped at a unemployed Joe Haden. While they continue to add pieces on defense it's the statuses of Martavis Bryant and Le'veon Bell that has dominated this summer.

No. 6

Packers 10-6

Most of the off-season talk, due to fantasy influences, resides around Ty Montgomery and Jamaal Williams battling for carries and the arrival of Martellus Bennett. But make no mistake, this team will go as far as Aaron Rodgers can carry it but the defense will be what decides just how far that is.

No. 7

Giants 11-5

The rich get richer when it comes to the passing game in New York. Adding Brandon Marshall and Evan Engram to Odell Beckham Jr. and Sterling Shepard gives quarterback Eli Manning the kind of weapons usually reserved for young gunslingers like Carson Wentz and Jameis Winston.

No. 8

Seahawks 10-5-1

A few years removed from their Super Bowls, Seattle remains much the same though the situation around them has changed. Their triumph came after a few seasons of competition with another team that looked ready to compete for a decade: the 49ers. And then they fought off the talented Cardinals.

No. 9

Buccaneers 9-7

There's now a scary amount of pass catching talent in Tampa. Mike Evans, the most-uncoverable man in football, gets joined by Desean Jackson, the fastest, and O.J. Howard and Chris Godwin arrive in the draft. They also poached one of the more famous roster cuts — former Broncos safety T.J. Ward.

No. 10

Cowboys 13-3

The final say on Ezekiel Elliott's suspension may change this ranking some. But to be honest, the decay is more influenced by disruption in the secondary (one that was a disrespected cause for the Cowboys success in 2016) and along the offensive line that has been Dallas' calling card for a few seasons now.

Best of the rest

11 — Washington (8-7-1)
12 — Titans (9-7)
13 — Texans (9-7)
14 — Lions (9-7)
15 — Eagles (7-9)
16 — Saints (9-7)
17 — Dolphins (10-6)
18 — Panthers (6-10)
19 — Broncos (9-7)
20 — Vikings (8-8)
21 — Cardinals (7-8-1)
22 — Chargers (5-11)
23 — Bengals (6-9-1)
24 — Ravens (8-8)
25 — Colts (8-8)

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
JPMorgan Chase Bank, National Association, Plaintiff AGAINST Tarbita Benjamin; Monique Benjamin; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated May 31, 2017 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on September 15, 2017 at 10:00AM, premises known as 145-95 178th Place, Jamaica, NY 11434. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of NY, Block 13342 Lot 36.
Approximate amount of judgment $339,307.90 plus interest and costs.
Premises will be sold subject to provisions of filed Judgment Index# 712425/2016.
Michael Dikman, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: June 19, 2017

NOTICE OF FORMATION of DXY Capital LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 05/17/2017. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 2124 85th St., Brooklyn, NY 11214, which is also the principal business location. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license Number 1304855, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 135-05 40th Rd., Flushing, NY 11354, for on-premises consumption. Blossom Garden Flushing Inc.

NOTICE OF FORMATION of Success 83 LLC. Articles of Org. filed with the Secy. Of State of New York (SSNY) on 06/09/2017. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o PO Box 1491, Flushing, NY 11354. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1304668, for Liquor, Wine, Beer & Cider has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 80-02 Northern Blvd., Jackson Heights, NY 11372, for on premises consumption. Queensboro Hospitality LLC d/b/a The Queensboro.

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LEGAL NOTICES

NOTICE OF SALE
IN FORECLOSURE STATE OF NEW YORK SUPREME COURT: COUNTY OF QUEENS WELLS FARGO BANK, N.A., SUCCESSOR BY MERGER TO WACHOVIA MORTGAGE, FSB, FORMERLY KNOWN AS WORLD SAVINGS BANK, FSB Plaintiff, vs. HARLENE SHAKESPEARE, et al., Defendants
PLEASE TAKE NOTICE THAT
In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Queens County on March 27, 2017, I, Peter M. Wolf, Esq., the Referee named in said Judgment, will sell in one parcel at public auction on September 29, 2017 at the Queens County Supreme Court, Courtroom #25 located at 88-11 Sutphin Boulevard, Jamaica, County of Queens, State of New York, at 10:00 A.M., the premises described as follows: 19141 112th Road Saint Albans, NY 11412 SBL No.: 10968-78
ALL THAT TRACT OR PARCEL OF LAND situate in the Borough and County of Queens, City and State of New York
The premises are sold subject to the provisions of the filed judgment, Index No. 21604/13 in the amount of $530,822.09 plus interest and costs.
Michael Jablonski, Esq.
Woods Oviatt Gilman LLP
Plaintiff's Attorney
700 Crossroads Building
2 State St. Rochester, New York 14614
Tel.: 855-227-5072 48261

NOTICE OF SALE
SUPREME COURT COUNTY OF QUEENS NYCTL 1998-2 TRUST, and THE BANK OF NEW YORK MELLON, as paying agent and Collateral Agent and Custodian for the NYCTL 1998-2 TRUST, Plaintiffs - against - KAM CHEUNG TSOL, et al. Defendant(s) Pursuant to a Judgment of Foreclosure and Sale entered Herein and dated July 2, 2017, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Blvd., in Courtroom# 25, Jamaica, NY on October 6 2017 at 10:00 a.m. premises situate, in the County of Queens, and State of New York, known as "The Woodner House Condominium", Unit being designated and described as Parking Unit No. 93. Together with an undivided .0691976% interest in the Common Elements. Block 5137 Lot 1093. Said premises known as 138-35 ELDER AVENUE, PARKING UNIT 93, FLUSHING, NY. Approximate amount of lien $2,370.54 plus interest & costs. Premises will be sold subject to provisions of filed Judgment and Terms of Sale.
Index Number 17522/2014
PHILLIP BASKERVILLE, ESQ., Referee Sayfarth Shaw LLP
Attorney(s) for Plaintiffs
620 Eighth Avenue
New York, NY 10018

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
WELL FARGO BANK, NA SUCCESSOR BY MERGER TO WELLS FARGO BANK SOUTHWEST, NA, F/K/A WACHOVIA MORTGAGE FSB F/K/A WORLD SAVINGS BANK, FSB;
Plaintiff(s) vs. BARBARA J MURRAY; et al; Defendant (s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about June 9, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM # 25. On September 15, 2017 at 10:00 am. Premises known as 183-61 CAMDEN AVENUE, SAINT ALBANS, NY 11412
Block: 10346 Lot: 0053
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Fourth Ward of the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale.
Approximate amount of judgment $489,694.19 plus interest and costs.
INDEX NO. 22465/13
Dominic A. Villoni, Esq., Referee

NOTICE OF SALE
IN FORECLOSURE STATE OF NEW YORK SUPREME COURT: COUNTY OF QUEENS HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR NOMURA ASSET ACCEPTANCE CORPORATION, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-AR4, Plaintiff, v. INDRADAT TILAK, SUMNIE TILAK, et al., Defendants
PLEASE TAKE NOTICE THAT
In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Queens County on June 27, 2017, I, Frank Bruno, Jr., Esq., the Referee named in said Judgment, will sell in one parcel at public auction on September 22, 2017, at the Queens County Supreme Court located at 88-11 Sutphin Boulevard , Jamaica, County of Queens, State of New York, at 10:00 A.M., the premises described as follows: 211-15 90th Court a/k/a 211 15 90th Court Queens Village, NY 11428 SBL No.: BLOCK 10568 LOT 26 ALL THAT TRACT OF PARCEL OF LAND situate in the Borough and County of Queens, City and State of New York. The premises are sold subject to the provisions of the filed judgment, Index No. 706022/2013 in the amount of $492,023.35 plus interest and costs. Michael Jablonski, Esq. Woods Oviatt Gilman LLP Plaintiff's Attorney 700 Crossroads Building, 2 State St. Rochester, New York 14614 Tel.: 855-227-5072

NOTICE IS HEREBY GIVEN that a license Number 1304864, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 215-05 Northern Blvd., Store #2, Bayside, NY 11361, for on-premises consumption. Waker 2 USA, Inc.

NOTICE IS HEREBY GIVEN that a license Number 1304591, for Tavern Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 355 7th Ave., Brooklyn, NY 11215, for on-premises consumption. South Slope Local LLC.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday October 04, 2017 at 2:00 p.m. at 42 Broadway, 5th floor on a petition for IRR Operating LLC to establish, maintain, and operate an enclosed sidewalk cafe at 5725 Roosevelt Ave. in the Borough of Queens for a term of two years.

REQUESTS FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAYBE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004

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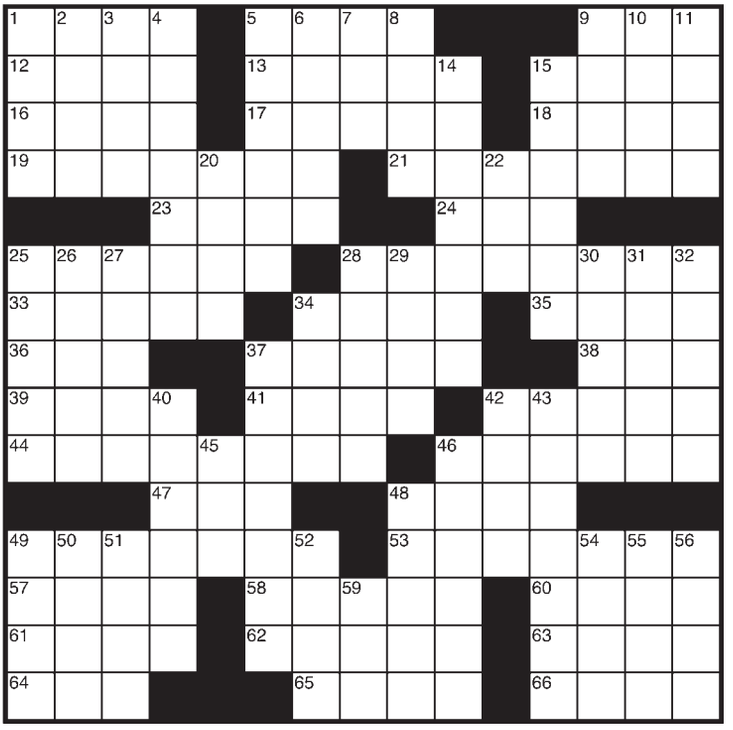
Across

1 Stole
5 Bombay nanny
9 Have winter fun
12 Import vehicle
13 Augured
15 Caviar source
16 Pesky bug
17 Subway patron
18 Paper toy
19 Graduate course
21 Forceful people
23 Disappear gradually
24 Tennis barrier
25 Incriminate
28 Ground to bits (2 wds.)
33 Popular lily
34 Film director -- Bunuel
35 Completed
36 Pique
37 Fencers' weapons
38 TV brand
39 Like Beethoven
41 "-- No Way to Treat a Lady"
42 Prickly plant
44 Marking with narrow lines
46 Brittle
47 Thole filler
48 Keep time
49 Penetrated
53 Severely simple
57 Parliament member
58 Lustrous material
60 Statue of a god
61 Redding or Skinner
62 Express gratitude to
63 Hubby of Lucy
64 Long-horned ox
65 Chop --
66 Gaelic pop star

Down

1 Witty ones
2 Norse poem
3 Eden inhabitant
4 "Poor Poor -- Me"
5 Rub against
6 Op art pattern
7 Append
8 Listen
9 Thin wedge
10 Green Hornet's aide
11 Unlucky time
14 Aridity
15 Played hockey
20 Gemini gp.
22 Not pre-owned
25 Harsh chemicals
26 Insert mark
27 Unambiguous
28 Prompting
29 Knife handle
30 Novelist -- Lessing
31 Use a bottle opener
32 Polar explorer
34 Cut of meat
37 Most beautiful
40 Narrow inlets (var.)
42 Bikini tops
43 Powerful current (2 wds.)
45 Boot liner
46 Heavy and awkward
48 Queeg's ship
49 Maneuver
50 Little bit
51 Composer -- Satie
52 Telegraph syllables
54 Utopia
55 Promising
56 Lamb's pen name
59 T, in Athens



metro.us/sudoku

easy

5	6		1		4		3	8
		8				7	9	
	1			5			4	2
	8		3		2		5	
2	4			6			8	
	7	2				8		
4	9		2		8		7	1

hard

4			6	8		1		7
	6				1		9	
			7			8		6
	3							8
		6	5		9	4		
5							1	
8		9			3			
	1		2				4	
6		2		7	5			1

metro.us/horoscopes

Aries Emotions will surface and could cause trouble if you cannot control what you do or say. Concentrate on personal growth and your outward appeal.

Taurus Go over your important papers or contracts and make any adjustments that are needed. A discussion with a colleague or instructor will result in positive personal.

Gemini If you pitch in and help, the rewards will be worth your time and effort. Make family a priority and put a passionate relationship at the top of your list.

Cancer Get along with others. Communal effort will make it much easier to reach your goal. Express your thoughts and concerns and be willing to listen to good advice.

Leo Don't give in to someone taking advantage of you. Be clear regarding your expectations and what you want in return. Stick to the people you know you can trust.

Virgo Do the work yourself and save some money. Use your skills to fix minor problems at home or find natural ways to improve your health and avoid unnecessary costs.

Libra Draw on your experience and the people you know you can count on. Someone who has a tendency to bully will question a change you try to implement.

Scorpio Don't feel that you must follow the crowd. Impulsive or risky pursuits may work for some, but you aren't likely to prosper if you get involved. Do your own thing.

Sagittarius Welcome change. Whether it's learning something new or going somewhere different, these experiences will have an impact on the way you live.

Capricorn Don't be fooled by what others do. Following the crowd will not turn out as planned. Use your intelligence and go in a direction that allows you to practice your skills.

Aquarius Revisit old ideas and consider how to update and implement them into your current situation. Relationships will weigh heavily on the decisions you make.

Pisces Look for alternative ways to put your skills, knowledge and experience to use. If someone stands in your way, back away and do your own thing. **EUGENIA LAST**

Yesterday's answers

J	A	Y	S		S	L	A	M	S		R	U	M	S
O	R	A	L		I	O	N	I	C		A	S	I	A
T	E	R	I		R	A	D	I	O		V	E	N	T
S	A	N	C	T	I	F	Y		R	O	A	D	I	E
			I	O	U			S	N	A	G			
O	P	I	N	E	S			A	F	F	E	C	T	S
P	A	N	G	S		P	E	R	U			I	R	A
E	E	L			C	R	E	E	L			R	I	G
R	A	E			R	O	O	K		E	M	C	E	E
A	N	T	A	C	I	D			B	R	E	A	D	S
			V	I	E	S			Y	I	N			
A	B	R	O	A	D		A	P	P	E	A	S	E	D
P	L	O	W		O	M	N	I	A		C	O	D	E
E	A	S	E		F	O	N	T	S		E	M	I	R
S	H	A	D		F	O	O	T	S		S	E	E	N

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